



# Ravenna-Eckstein Community Center

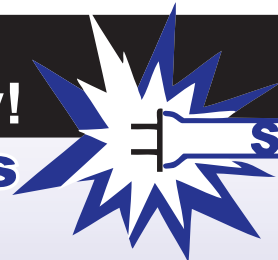


Quick Time at Ravenna-Eckstein see page 4.

## Winter 2007



**REGISTER ONLINE - it's easy!**  
**[www.seattle.gov/parks](http://www.seattle.gov/parks)**



**SPARC**

## General Information

### Hours of operation

|                 |                  |
|-----------------|------------------|
| Mon, Wed        | 10 a.m. - 9 p.m. |
| Tue, Thurs, Fri | 1 p.m. - 9 p.m.  |
| Saturday        | 10 a.m. - 5 p.m. |
| Sunday          | Closed           |

### Facility Closures

|                   |                        |
|-------------------|------------------------|
| January 1         | New Years              |
| January 15        | Martin Luther King Jr. |
| February 19       | President's Day        |
| April 1 – April 8 | Floor Refinishing      |

### Program dates

January 2– March 23

### Program registration & procedure

All registration including mail-in, walk-in, phone and internet begins Monday, December 4, 2006.

Mail-in registration is accepted beginning Monday, December 4. We will only accept registrations that are postmarked December 4. On or after, these registrations will be processed as they are received by mail and opened. **\*\*Tiny Tot classes are the only pre-registered classes of current students, so there may or may not be slots available. Before mailing in your registration for these classes, please call the Center for space availability.**

**Spring Youth Sports Registration:** Begins Tuesday, February 13. Please see page 7 for more details.

Ravenna-Eckstein's registration procedure is for classes/activities only and does not specifically include KIDSTIME programs, camps, evening Teen Program, league sports, and the Senior Program.

Registration continues until class maximums are reached. There will not be phone or written confirmation. We will notify a registrant only if he or she does not get enrolled in a class and is placed on a wait list. Wait lists are only maintained for the present quarter. Refunds are issued by mail for those who do not get into a class.

### You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Thursday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing

and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

### Professional staff

Ken Bounds, Superintendent  
Christopher Williams, Operations Director  
Maureen O'Neill, North Recreation Manager  
Trevor Gregg, Recreation Coordinator  
Melissa Valenzuela, Assistant Rec. Coordinator  
Amanda Enright, Teen Development Leader  
Penny Atwood, Recreation Attendant  
Michael Baldwin, Intermittent Rec. Attendant  
Michio Imanaka, Building Monitor  
Thao Huynh, Building Maintenance

### Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

### The Pro Parks Levy is making a difference in your community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

# General Information

## E- Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks). You can find this brochure information on line.

## Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

## Rentals

For information about room rentals, please pick up a copy of our facility rental brochure, visit <http://www.ci.seattle.wa.us/parks/reservations/facrentalguide.htm> or talk to one of our staff.

## Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact us at 684-7534.

## Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at (206) 684-4950, or visit the web at: <http://www.cityofseattle.net/parks/SpecialPops/index.htm>.

## Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

## Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at [www.seattle.gov/parks](http://www.seattle.gov/parks), or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

## Scholarships

Ravenna Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

## Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

## Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

## Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
  - Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge of \$5.00 or 10% of the class fee (whichever is greater).
  - Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

## Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability at 684-7534.

## Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

## Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

**Metro Routes Serving Ravenna-Eckstein CC:**  
**Bus # 64, 71, 76, 83**

# Special Events

## Holiday Extravaganza

Friday December 8th

6:30 - 8:30 pm  
FREE

Start the holiday season with your family and friends at Ravenna-Eckstein. Join us for holiday music, activities, games, and refreshments.

## Parents' Night Out

Friday, December 15th  
Ages 3-10

6:30-10:30 p.m.  
\$20.00 per participant  
Min7/Max 25

Don't worry about the little ones, Mom and Dad. Go out and enjoy yourselves! We'll treat your children to a fun night of games, crafts and movies at the center. Kids can bring pajamas and blanket. Toddlers must be potty trained, and an E13 participant information form must be on file.

## Argosy Christmas Ship™ Festival

Saturday, December 2

7:00 - 8:00 p.m.

Location: Matthews Beach

Ship arrives at 7:30 p.m.

Join others at the Argosy Christmas Ship Festival at Matthews Beach. Listen to the sounds of Seattle's finest carolers. Enjoy a cup of hot cocoa and cookies while snuggling around a warm bonfire. This partnership event with Meadowbrook CC will also feature holiday storytelling for the kids and live music to entertain all. **Ship arrives at 7:30 pm.**

## Sweetheart Soiree

Friday, February 2

7-8:30 p.m.

\$3 per person/\$10 family of four or more

Go back to the '50s, and dance the night away with your sweetheart. Bring the whole family for music, refreshments and Cupid's arrows.

## The Blarney Bash

Friday, March 16

7-8:30 p.m.

\$3 per person/\$10 family of four or more

Celebrate St. Patrick's Day by kissing our Blarney Stone for good luck. Join us for green tea, Leprechaun stew, Lucky Charms, and horseshoe slings. Don't let your superstitions keep you from coming.

## Big Ol' Bingo

Fridays, Jan. 12 & Mar. 2

7-8:30 p.m.

\$2/person

There's nothing better than Bingo and prizes. So bring the whole family for this fun time favorite. One card per person. Snacks will be provided.

## Movie Under the Stars

Friday, January 26

7 p.m.

\$3 per person/\$10 family of four or more  
(for refreshments)

Don't let the winter weather keep you from enjoying the stars. Enjoy a classic winter tale while gazing at the "stars" in our stage room.



# Special Events

## A Night At the Drive-In

February 23

7 p.m.

**\$3 per person/\$10 family of four or more**  
(for refreshments)

Remember those fun nights at the drive-in? Share in the nostalgia with the whole family in our "garage" and sit in one of several classic box cars or a comfy tire seat. We will be featuring the cartoon movie "Cars."

## Spring Bunny Trail

Saturday, April 14

11 a.m.-1:30 p.m.

Join us for our annual rain or shine spring egg round-up and egg-dying extravaganza. The round-up begins for ages 4 and under at noon and at 12:30 for ages 5-10. We'll have lots of candy, special prizes, and a ton of festival fun! Bring something to carry your goodies home.

## Gypsie Nation

Every Sunday

11 a.m.-1:30 p.m.

**All ages \$9 admission/Kids under 13 free**

These playful village dances require no previous experience and are rituals for self-exploration, healing and community building. They are free-form ecstatic dances supported by an exotic tapestry of indigenous World music. For more information, visit [www.gypsienation.com](http://www.gypsienation.com) or call 216-1722. This program is not presented by Seattle Parks and Recreation or the Ravenna-Eckstein Advisory Council.

## CoffeeConnection

**Mondays and Wednesdays only**

January 8-March 21

10 a.m.-12 p.m.

Enjoy your favorite morning beverage from Starbucks while sitting with friends in our comfortable teen room. This is a new service for our patrons and neighbors to show our appreciation as well as talk about ways to "Build Our Community." Twice a week mingle with others and just hang out, connect, engage, and make friends.

## LOBBY GAMES

**25 cents per game equipment checkout and identification or garment**

The availability of certain games is dependent on the Center's activities. The Center staff reserves the right to restrict use of equipment. If anyone is waiting to play, we will put a time limit on each game.

## Quick Time at Ravenna-Eckstein

March 26 - 30

Join us for a week of quick, fun-filled activities and events. Enjoy our Preschool Paradise, compete in our Texas Chili Cook-off, and play in our Nerf Soccer Scrimmage. Drop-in fees will apply, unless otherwise noted. For more information, please call the center at 684-7534.

Monday, March 26, 2-3 p.m.

### Meet Your Neighbors!

Stroll through the Ravenna neighborhood and meet your neighbors at some of your favorite local businesses.

Tuesday, March 27, 4-5:30 p.m.

### Nerf Soccer Scrimmage

Sign-up for this one-day scrimmage for youth, ages 10-12. Registration begins March 5 and is limited.

Wednesday, March 28, 11 a.m.-1 p.m.

### Preschool Paradise

Enjoy a fun two hours with your little ones while you make crafts, play games, and sing songs.

Thursday, March 29, 6 p.m.

### Texas Chili Cook-off!

Combine your family's culinary skills for this quick-time challenge. Register your team of 2-4 people beginning March 5. Registration is \$20 per team and is limited. We'll supply the beans, some spices and cookware; you bring whatever else that will make your chili zesty!

Friday, March 30, 7 p.m.

### March Madness Mania!

Keep the kids at home and join other adults, ages 17-30, for the Three-point Contest, Blindfolded Shoot-Out, and Half-Court Relay. Registration begins March 5 and is limited.

## Tots and Toddlers

### INDOOR PLAYTIME

The Ravenna-Eckstein Community Center has great opportunities for you and your children to play in a safe, fun and interactive space. Our PlaySpace, appropriate for ages 4 and under, and Tot Gym, for ages 2-5, feature balls, play bikes, ride-ons, and educational toys. Parents must stay with children at all times and clean area after use.

#### Indoor Playtime Cost:

\$2 per visit/per child  
6 visit punch card \$9.00  
12 visit punch card \$18.00  
Unlimited family pass \$30.00

#### Space Schedule

|           |                   |           |
|-----------|-------------------|-----------|
| Monday    | 10:15 a.m.-6 p.m. | PlaySpace |
| Tuesday   | 3:30-6 p.m.       | PlaySpace |
| Wednesday | 10:15-2 p.m.      | Tot Gym   |
| Thursday  | 3:30-6 p.m.       | PlaySpace |
| Friday    | 1:30-8:30         | PlaySpace |
| Saturday  | 10:15 a.m.-4 p.m. | PlaySpace |

All times are subject to change due to community center events or activities.

Parks and Recreation provides "recreation programs" for preschool age children, who are 3 and 4 years old and 5 years old not enrolled in school. The State Department of Social and Health Services (DSHS) define "child care" in a specific manner which requires licensing. Our preschool programs are not licensed; therefore, we limit participation in preschool recreation programs to 3 1/2 contiguous hours in a day.



### TINY TOTS

Enjoy a full educational and developmental class that includes games, individual and group play, storytelling, arts & crafts, music, singing, field trips, group motor skills, and socialization. Pre-registration for currently enrolled participants will begin in early December. If space is not available, a waiting list is maintained until space is available or the end of the quarter's program. The waiting list will not be maintained from quarter to quarter.

**Parents are required to assist the teacher with class duties and also bring snacks several times.**

**Instructor: Carol Rasp**

#### Session 1 (ages 2-3)

Tue., Wed. and Thurs. 10 a.m. - 12 p.m.

**\$300 Jan. 9 - March 22**

**Min 10/ Max 12 No classes Feb 19-23**

#### Session 2 (ages 3-4)

Tue., Wed. and Thurs. 12-3 p.m.

**\$415 January 9-March 22**

**Min 10/ Max 12 No classes Feb 19-23**

### LITTLE CHEFS

In this basic lunchtime program, kids will interact with their parents and have fun in the kitchen. With mommy or daddy's help, kids will create cold-style appetizers, bake desserts, or make chilling beverages. During the first class, the instructor will review kitchen rules, safety procedures, and introduce kids to basic cooking utensils. The best part of each class comes at the end, when participants will be able to eat and take home their creations. One parent for each student must attend each class; student will not be allowed to participate without parent.

#### Ages 2-4 \$80

**Mondays, January 22-March 19 8 wks**

**11-11:45 a.m. No class 2/19**

# Youth Programs

## KID'S TIME 2006-2007

**Before and After School Programs at AEII and Wedgwood Elementary**

Join us for morning/ afternoon fun at our on-site programs held at AEII and Wedgwood Elementary. Please call sites for winter space availability.

**Explanation of Fees** – The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December).

### Session Info :

**Before School 7-9 a.m.**

|               |       |
|---------------|-------|
| 5 days a week | \$160 |
| 4 days a week | \$145 |
| 3 days a week | \$120 |
| 2 days a week | \$95  |
| 1 day a week  | \$50  |

**After School 3-6 p.m.**

|               |       |
|---------------|-------|
| 5 days a week | \$245 |
| 4 days a week | \$230 |
| 3 days a week | \$190 |
| 2 days a week | \$135 |
| 1 day a week  | \$85  |

### Kid's Time Phone Numbers:

**AEII Site:**

Director : TBA 729-9538

**Wedgwood Director:**

Humberto Mendoza 729-1726

## KID'S TIME Holiday Camp: Wedgwood

### Session 1

|                       |                           |
|-----------------------|---------------------------|
| <b>Grades k-5</b>     | <b>\$145</b>              |
| <b>Monday-Friday</b>  | <b>7:30 a.m. - 6 p.m.</b> |
| <b>December 19-23</b> | <b>(5 days)</b>           |

### Session 2

|                       |                           |
|-----------------------|---------------------------|
| <b>Grades k-5</b>     | <b>\$116</b>              |
| <b>Tuesday-Friday</b> | <b>7:30 a.m. - 6 p.m.</b> |
| <b>December 27-30</b> | <b>(4 days)</b>           |
|                       | <b>No Camp 12/26</b>      |

**Or \$29.00 per Day**

## Mid-Winter Camp KID'S TIME

**Locations AEII and Wedgwood**

|                          |                           |
|--------------------------|---------------------------|
| <b>Grades k-5</b>        | <b>\$116</b>              |
| <b>Monday – Thursday</b> | <b>7:30 a.m. - 6 p.m.</b> |
| <b>February 20-23</b>    | <b>(4 days)</b>           |
|                          | <b>No camp 2/19</b>       |

**Or \$29.00 per day**

School is out! Join us for a fun-filled week of activities at Kid's Time. The week will include games, sports, art, cooking, fieldtrips, and more. Bring a sack lunch and drink daily.

Priority registration given to KIDSTIME families; open registration begins February 5. Spaces are limited.

## "The Spot" Spring Break Teen Camp at Cowen Park Shelter House

|                       |                      |
|-----------------------|----------------------|
| <b>April 9-13</b>     | <b>Monday-Friday</b> |
| <b>8 a.m.- 5 p.m.</b> | <b>\$150</b>         |

Spring break '07 proves to be a rockin' good time for those who register for this awesome one-week adventure. Daily enrichment activities include games, sports, arts, field trips and so much more. Trained and qualified staff with low adult to youth ratio. Space is limited so register early.

For middle school students in 6, 7, and 8th grades for the '06-'07 school year. Please register by March 23.

## Youth Programs

### FITNESS & SPORTS

#### **JUMP ROPE FOR FUN**

It's time to get the kids jumping and stepping into action. This recreational and instructional jump roping class will teach your child the basics of jump roping as well as provide a healthy alternative to exercise. The class will improve hand and feet coordination, step development, and lateral movements all to fun beats. Please bring a plastic jump rope.

**Ages 8-11**

**Mondays**

**January 22-March 19**

**\$65**

**6:15-7 p.m.**

**(8 weeks)**

**No class 2/19**

**WANTED:  
VOLUNTEER COACHES:  
Softball and Track  
Call 684-7534 or see staff**

### TEAM SPORTS

#### **GIRLS SOFTBALL**

**Ages 10 - 17**

**\$30**

#### **TRACK AND FIELD**

**Ages 7 - 17**

**\$30**

Sign-ups for Spring Sports will begin on February 13. Please register early since there is limited space. Practice will begin in April with games and meets beginning in late April. Practice days and times may not be known at the time of registration. If you have any questions concerning the youth sports program feel free to call Ravenna-Eckstein CC at 684-7534. **(Age cut-off is August 31, 2006)**

#### **YOUTH TEAM SPORTS**

##### **REGISTRATION INFORMATION**

Forms available at the center. To register, all of the following steps must be completed and turned in at the same time. Incomplete packets will not be accepted.

- 1) Bring Xeroxed copy of birth certificate. If you think you have one on file, please call office in advance of registration so that staff can verify and check it off their records. **DO NOT** wait until the day of registration or your wait in line may be longer. (This step needs to be done even if you were in the program last year or in any other sports program recently).
- 2) Complete permission/medical form.
- 3) Complete general sports registration form.
- 4) Pay ( checks made out to City of Seattle)
- 5) Complete contract.





# Dance with Chloe

## CREATIVE MOVEMENT

Through fantasy and games, children learn basic movement skills and vocabulary such as hopping, leaping, gliding, and stretching, just to name a few. Children will also be encouraged to work as a team and make individual choices in their expressive movement. Children should wear close fitting clothes with gym or ballet slippers or no-slip socks. Parents and friends are invited to join us for a performance on the last day of class.

**Ages 3-4** **\$75**  
**Friday** **3-3:45 p.m.**  
**January 12-March 23** **(11 weeks)**  
**Min 7/Max 9**

## PRE-BALLET

Children experience the joy of dancing while learning basic movement skills and vocabulary including sliding, jumping, turning, and balancing. Beginning ballet concepts are taught through short, fun dances and rhythmic games as well as creative assignments. Class uniform—Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet slippers. Parents and friends are invited to join us for a performance on the last day of class.

**Ages 4-6** **\$85**  
**Wednesday** **3-3:45 p.m.**  
**January 10-March 21** **(11 weeks)**  
**Min 7/Max 12**

## PRE - MODERN DANCE

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force, and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those movement concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. Parents and friends are invited to join us for a performance on the last day of class.

**Ages 4-6** **\$85**  
**Friday** **3:45- 4:30 p.m.**  
**January 12-March 23** **(11 weeks)**  
**Min 7/Max 12**

## BALLET 1

Basic ballet vocabulary is taught and combined into fun, energetic, and expressive dances. Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/compositional assignments. Class uniform—Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet

slippers. Hair should be pulled back off the face and in a bun, if possible. Parents and friends are invited to join us for a performance on the last day of class.

**Ages 6-8** **\$110**  
**Wednesday** **3:45-4:30 p.m.**  
**January 10-March 21** **(11 weeks)**  
**Min 6/Max 12**

## BALLET 2

This class is for kids who have finished a year of Ballet 1 and/or instructor permission. . Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/compositional assignments. Class uniform—Girls: tights, leotard, and pink ballet slippers; boys: black tights, t-shirt, and black ballet slippers. Hair should be pulled back off the face and in a bun, if possible. Parents and friends are invited to join us for a performance on the last day of class.

**Ages 7-9** **\$110**  
**Wednesday** **4:30-5:30 p.m.**  
**January 10-March 21** **(11 weeks)**  
**Min 6/Max 12**

## BALLET 3

**ALL STUDENTS ENROLLING IN THIS CLASS MUST ALSO ENROLL IN BALLET 2.** This is a class for kids who have had a year of ballet 2 or teacher permission. Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/compositional assignments.

**Ages 8-12** **\$190**  
**Wednesdays & Fridays** **5:30-6:30 p.m.**  
**January 10-March 23** **(11 weeks)**  
**Min 7/Max 12**

## MODERN DANCE

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force, and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those movement concepts. Children should wear a leotard and footless tights of any color and have their hair pulled out of their faces. Parents and friends are invited to join us for a performance on the last day of class.

**Ages 6-8** **\$110**  
**Fridays** **4:30pm - 5:30pm**  
**January 12-March 23** **(11 weeks)**  
**Min 7/Max 12**

## Teen Programs

The Teen Program at Ravenna-Eckstein Community Center is designed to give teens ages 12-18 the opportunity to participate in structured programs and activities, socialize and recreate with other teens. It also offers an excellent chance to complete community service hours and plan and organize teen activities. Come and join in for good times, all we need is a completed Participation and Authorization form.

### 2007 TEEN DROP-IN PROGRAM

**Monday–Friday 2:30-9 p.m.**

Come and hang out in our teen center where you can play foosball, air-hockey, Station 2, board games, watch movies and TV. Participate in our monthly activities such as a variety of cooking, art, and dance classes, sports and fitness opportunities, special events and service learning opportunities. Daily snack is provided.

### AFTER SCHOOL TUTORING PROGRAM

**Monday-Thursday 3-6 p.m.**

Teens have an opportunity to get help with home work daily during homework time. Volunteers and staff are on hand to help Monday-Thursdays.

### OPEN GYM

**Monday-Friday 3-4 p.m.**

Enjoy basketball, volleyball, flag football, dodge ball, kickball, and other gym activities.

### VOLUNTEER

#### Your Service Learning Headquarters

A variety of service learning opportunities are available for teens. Some include mentoring, trips to local elementary after-school programs, environmental and community projects. Volunteer hours count toward completion of school required hours. If you are interested in finding out more, please call Amanda Enright, TDL at 684-7534 or Ron Mirabueno, Service Learning Coordinator at 233-3979.

Interested in becoming a mentor, or having one? Contact Amanda.

### TEEN COUNCIL MEETINGS

1st & 3rd Wednesdays of the Month

**Beginning January 3 5-6:30 p.m.**

Be a part of the Rav-Eck Teen Council Advisory. Have an active role in directing the focus of the teen programs including planning activities, special events such as dances, fund-raising projects, field trips and overnight trips. All volunteer hours count

toward completion of school required service learning hours. Snacks are provided.

## TEEN CLASSES

### CULINARY CREATIONS

Add a little spice to your week as we explore and create savory regional dishes. Come join us in the kitchen to improve your cooking skills! And of course, sampling will be allowed. Need to obtain food handlers permit by February 13.

**Ages 12-18**

**Tuesdays**

**\$20**

**5-7 p.m.**

**January 23 – March 27**

### READY TO WEAR

#### Intermediated Fashion Apparel Design Class

Interested in learning how to design & create your own outfits? This course offers a solid foundation in the fundamentals of pattern drafting, sewing and design. This class will focus on creative design techniques. We will be going on field trips to get familiar with the world of fashion design! Must know basic sewing skills. For more information please contact (206) 684-7534.

**Instructor: TBA**

**Location: Ravenna-Eckstein Community Center**

**\$100 (Scholarships Available – Please Inquire)**

**Thursdays**

**4-7 p.m.**

**January 25 - May 3**

**(15 weeks)**

### FOOD HANDLERS CARD

Learn how to handle and prepare food. Pick one of these dates to take the class and once you pass the class you will receive a food handlers permit good for one year. Please call at least one week prior to class you would like to attend.

**\$10**

**Wednesdays**

**4 p.m.**

**January, February, & March**

### SPEAK

Girls Empowerment Club to talk about real life issues teens are facing today. Teens direct the focus of the group discussion. Special speakers and field trips.

**Every Other Wednesday**

**4:30-5:30 p.m.**

**Beginning January 10**

# Teen Programs

## SPECIAL EVENTS

### **SUPER SONICS BASKETBALL GAME**

Fee: TBA

February Date: TBA 4-9:30 p.m.

Will provide transportation to and from the game.

### **MLK MARCH**

Saturday, January 13

Time & Location: TBA

We will be joining together in a city-wide anti-violent march in celebration of MLK Day!

### **VALENTINES SPEED DATING**

Saturday, February 10 6-9 p.m.

High School Students Grades: 9-12

Tickets: \$5

Looking to meet new people before Valentines Day? Speed dating is a fast, fun, safe and comfortable way to meet people. You will have 8 great dates in 1 fun night. If there is a match, contact information is forwarded to both parties. There will be two separate age groups: Freshman/Sophomores and Juniors/Seniors. There will be complimentary appetizers and a chance to win extra prizes.

### **Late Night @**

#### **Meadowbrook Teen Center**

Every Friday & Saturday 7 p.m. to 12 a.m.

Friday Nights: Middle School Night

Saturday Nights: High School Night

The late night program is open to youth in middle and high school who are interested in making a positive change in themselves and their community. Activities include, but are not limited to: arts & crafts, volleyball, dances, cooking, video games, food, basketball and more! Late night provides our teens with a positive alternative to alcohol, drugs, gangs, and other unsuitable activities. These goals are accomplished through intercultural activities, sports, arts & culture, educational workshops, special events, and mentoring.

For more information on anything listed in this bulletin or to register for a class, please contact Amanda Enright, Teen Development Leader, (206) 684-7534.

## **MID-WINTER BREAK ACTIVITIES FEBRUARY 19-23**

### **TUESDAY:**

Paint Ball Madness

Grades: 6-12

Time: 1 – 5 pm

Fee: \$20

### **WEDNESDAY:**

Snow Tubing

Snoqualmie Pass

Grades: 6-12

Time: 10 a.m. – 5 p.m.

Fee: \$15

### **THURSDAY:**

Ski/Snowboarding

Stevens Pass

Grades: 6-12

Time: 9 a.m.-5 p.m.

Fee: TBA

### **FRIDAY:**

Trip to the Movies

Movie: TBA

Grades: 6-12

Time: 2-6 p.m.

Fee: \$9

Enjoy the week or just a day at a time! We will be going to the movies, paint ball'n, tubing, and skiing/snowboarding to local mountain resorts such as Stevens Pass and Snoqualmie Pass. Need to pre-register by January 20. For more information, please contact (206) 684-7534.

Check out the monthly teen calendar to find out what else is happening this winter, like field trips, daily drop-in activities, and classes.

### **NEED ADULT VOLUNTEERS!**

Ravenna-Eckstein's Teen Program is looking for caring adults who want to share their talents and knowledge with the local teens. Whether your area of specialty is in resume writing, sports, interview skills, business skills, arts, music, cooking, attending field trips, or anything else, we need your involvement, skills, and enthusiasm!

For more information please call Amanda Enright at 206-684-7534.



# Adult Programs

## FITNESS AND SPORTS

### DROP IN PROGRAMS

As advertised, adult drop-in program participants will be charged the following fees:

**Adult Sports 18 – 64** **\$2.00/session**  
**Senior Adults 65+** **\$1.00/session**

### PHYSIOBALL

Strengthen your overall body and improve your balance and tone using a PhysioBall, a ball that helps distribute body weight while providing dynamic support. Led by a certified fitness instructor, this unique exercise program will help you achieve greater stability and posture, tone muscles, and improve relaxation. It is exceptionally safe for those individuals with back related concerns. This class is designed for people with all levels of exercise skill and ability.

**Instructor Blanka J** **Min5/ Max 20**

**\$75**

**Mondays**

**January 22-March 19**

**6 - 7 p.m.**

**(8 weeks)**

**No class 2/19**

### MIDDLE EASTERN DANCE (BELLY DANCE)

Learn the basic Oriental and Tribal dance techniques with the exciting and fun sounds of Middle Eastern music. Through the graceful movements of belly dance, you can enhance your self-image, tone & strengthen muscles & improve flexibility & balance. At the end of each session, you will learn a short choreography. There is an option of incorporating veil, fan, or zills (finger cymbals) in last few class sessions. Wear comfortable dance/exercise clothing. Dance shoes, socks or bare feet recommended.

**Instructor: Safina Lee**

**\$86**

**Tuesdays**

**January 9-March 20**

**7:30-8:45p.m.**

**(10 weeks)**



## PRE-NATAL YOGA

A prenatal program for woman during the second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga excises, breathing, visualization and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, and prepare the birthing area for delivery, maintain your energy level, control mood swings, relax and maintain a positive outlook. Bring a Blanket and two pillows to class. Medical authorization required. **No class 2/19**

**Instructor: Margaret McAndrews**

**Min 7/Max 14**

**\$90**

**Mondays**

**January 22-March 19**

**7:15-8:30 p.m.**

**(8 weeks)**

## COOKING

### STIR AND MUNCH WORKSHOPS

Learn how to make hot and cold appetizers, entrees and desserts from different cultures. Create Thai, Chinese, Mexican, and other deliciously flavored treats by attending one of our Stir and Munch Workshops. At the end of each two-hour workshop, indulge in your creation or take it home to share. Each workshop will feature a different chef, who will guide you through the makings of something wonderful.

**\$25 per workshop**

**11 a.m. - 1 p.m.**

**Jan. 23, Feb. 6, Feb. 27, Mar. 13**

## SPECIAL INTEREST

### VISUALIZATION SKILLS FOR HEALING AND SELF-AWARENESS WORKSHOPS

Since the dawn of time the inner skills of visualization have been used for healing, creativity, and self-awareness. Today visualization is also used for sports performance, pain management, creative problem solving, and much more. In this class you will learn to explore and influence your life through the subtle inner skills of effective visualization.

**Ages 18 and up**

**\$25 per workshop**

**Multi-stage Room**

**Session 1: Saturday, Feb. 10**

**3-5 p.m.**

**Session 2: Saturday, Mar. 3**

**3-5 p.m.**



# Adult Programs

## MUSIC

### THE RAVENNA SECOND STRINGS ORCHESTRA

This orchestra is for intermediate violin, viola, cello and bass players, and provides a rewarding way to begin or improve your ensemble playing. Enjoy the supportive atmosphere. There are no auditions. We have fun while preparing for the short concerts at the end of the quarter. Please bring a stand. For more information check our website at [www.ravennastrings.com](http://www.ravennastrings.com). **No class 2/19**

**Conductor: Judy Drake**

**Co-director: Lorraine Hughes** Min 17/Max 25

**All ages/children and adults \$58.00**

**Mondays 7:30-8:30 p.m.**

**Jan. 22-Mar. 20 Concert** (Site and date TBA)

### THE RAVENNA STRINGS ORCHESTRA

This orchestra is for advanced violin, viola, cello and bass players. There are no auditions. Expect to have fun and play some very exciting music. Although the rehearsals are informal and without pressure, members of the orchestra are serious about preparing for the short concerts which conclude each quarter. Please bring a stand. For more information check our website at [www.ravennastrings.com](http://www.ravennastrings.com).

**Conductor: Judy Drake**

**Co-director: Lorraine Hughes** Min 17/Max 30

**All ages/children and adults \$58.00**

**Wednesdays 7:30-8:30 p.m.**

**Jan. 18-Mar. 21 Concert** (Site and date TBA)

### PIANO LESSONS

Explore classical and contemporary music and music theory as you learn to play the piano. Students of all levels will receive personalized 25 minute lessons. Space is limited. The instructor has 18 years teaching experience. Please put your first and second choice of lesson time on your registration form. Cost of class does not include books and supplies.

Instructor: Julia Yim

**Min 4/Max 6**

**Ages 6-adult \$215**

**Wednesdays**

**January 10 - March 21 (11 weeks)**

*Classes are 30 minutes long, beginning at 3:30 p.m. and end at 7 p.m. One student per 30-minute class interval.*

## SPECIAL INTEREST

### WELLNESS THROUGH MINDFUL LIVING

This class is an experiential exploration of mindfulness. Mindfulness is a way of learning how to relate with awareness to whatever is happening in your life, moment to moment, breath by breath. It allows us to connect with our bodies, minds, hearts and spirits. It is a practice of having a non-judgmental and non-reactive relationship to all of life. In the class we will learn a variety of practices including meditation, yoga, and body awareness, which are designed to help deepen our understanding and application of mindfulness. This class is based on the Mindfulness Based Stress Reduction Program (MBSR) designed by John Kabat-Zinn, Ph.D at the University of Massachusetts Medical School over 25 years ago. A more in depth description of this program can be found in John's book *Full Catastrophe Living* (Dell Publishing, 1990) or at the website of the Center for Mindfulness in Medicine, Healthcare and Society at [www.umassmed/cfm](http://www.umassmed/cfm).

Years of research indicate that a majority of people who complete this course report:

- Decrease in physical and psychological stress
- an increased ability to relax
- reduction in pain intensity and ability to live easier with chronicity
- a more balanced sense of health and well-being
- improved ability to cope with both short and long-term stressors
- greater daily peace of mind

**Instructor: Carol Paluchowski  
Mark Goodman**

**\$160**

**Thursday**

**7-9 p.m.**

**Jan. 11-Mar. 1**

**Saturday**

**10 a.m.-4 p.m.**

**March 3**

## Senior Adults

### RAVENNA-ECKSTEIN LIFELONG RECREATION PROGRAMS

(Formerly Sr. Adult Programs)

January 2 – March 16

No classes January 15, February 19

Registrations begin on Monday, December 4.

#### Questions?

Contact Jayla McGill at 206-386-9106.

### PICKLEBALL

A fun, easy to learn sport. New games must begin at least 10 minutes before the time ends - no later.

**\$2 drop-in (Age 65+ \$1)**

**Mondays 11:30 a.m. – 1:30 p.m.**  
January 8 – March 12 (10 Weeks)

### SENIOR AEROBICS

Feel better with upbeat fitness! Certified instructor.

**Instructor: Jane Shearer**

**\$24**

**Mondays 10:15 a.m. – 11:15 a.m.**  
January 8 – March 12 (10 Weeks)  
**Thursdays 8:30 a.m. – 9:30 a.m.**  
January 4 – March 15 (11 Weeks)

### MAT PILATES/FITNESS

Strengthen core muscles—abdominals, lower back; improve balance and release stress. Certified instructor.

**Instructor: Yvonne Lasso**

**\$36 (per class)**

**Tuesdays/Fridays 9:30 a.m. – 10:30 a.m.**  
January 2 – March 13 (11 weeks)

### LINE DANCE

Get out on that dance floor and move to the music! Great for the body & soul! No experience or partner needed.

**Instructor: Jayla McGill**

**\$24**

**Wednesdays 8:45 a.m. – 9:45 a.m.**  
January 3 – March 14 (11 Weeks)

### WATERCOLOR

Calling all artists - past, present & future! Beginners: here's that opportunity you've been waiting for! Join our informal, fun group. Bring paint supplies.

**Instructor: Eunice Smith**

**\$72**

**Thursdays 12 p.m. – 2 p.m.**  
January 4 – March 15 (11 Weeks)

### SENIOR TRIPS

Affordable Day outings to local travel destinations are offered weekly by Senior Adult Programs, with van departures from Ravenna-Eckstein Community Center. Call Jayla at 206-386-9106 for trip information or see the City Wide Senior Adult Programs Brochure, available at all Seattle Parks Community Centers.

For a complete listing of Lifelong Recreation Programs, please stop by for a program brochure or call 206-684-4951 for additional information.

# SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



## Registration Procedures:

1. Please complete registration form entirely.
2. Payment MUST accompany registration.

## Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: \_\_\_\_\_ Sex: Male Female  
Last First MI (Circle One)

(ADULT) Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Email Address: \_\_\_\_\_  
mm/dd/yyyy

Street Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone - eve: (\_\_\_\_) \_\_\_\_\_ day: (\_\_\_\_) \_\_\_\_\_ other: (\_\_\_\_) \_\_\_\_\_

Family Emergency Contact: \_\_\_\_\_ (\_\_\_\_) \_\_\_\_\_  
Name Phone Relation

☐ PARTICIPANT info differs from above. How does it differ? \_\_\_\_\_

| PARTICIPANT<br>(please print full name) | M/F | BIRTHDATE<br>(mm/dd/yyyy) | COURSE TITLE<br>(Non-Day Camp Activities ONLY) | 1 <sup>ST</sup> CHOICE |            | ALTERNATE |            | AMOUNT | Staff<br>Use<br>Only |
|---|-----|---------------------------|--|------------------------|------------|-----------|------------|--------|----------------------|
|   |     |                           |  | DATE(S)                | START TIME | DATE(S)   | START TIME |        |                      |
|   |     |                           |  |                        |            |           |            | \$     |                      |
|   |     |                           |  |                        |            |           |            | \$     |                      |
|   |     |                           |  |                        |            |           |            | \$     |                      |
|   |     |                           |  |                        |            |           |            | \$     |                      |
| TOTAL                                   |     |                           |  |                        |            |           |            | \$     |                      |

\*Acceptance of this request does not guarantee enrollment into a class (see back for more information).

## How would you like to pay?

Person making payment \_\_\_\_\_  
(required for proper refunding)

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # \_\_\_\_\_  
Make checks payable to "City of Seattle"

☐ Visa ☐ Mastercard ☐ American Express

Card #: \_\_\_\_\_ Expires: \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Signature: \_\_\_\_\_

For  
mail-in  
only

Staff Use Only  
Authorization (Ref) #: \_\_\_\_\_

**PLEASE INCLUDE  
PAYMENT**

**Mail To:**  
Ravenna-Eckstein  
Community Center  
6535 Ravenna Ave NE  
Seattle, WA 98115

**ASSUMPTION OF RISK AND RELEASE:** I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

For Office Use Only:

## SWIMMING POOLS

|                |          |
|----------------|----------|
| BALLARD        | 684-4094 |
| EVANS          | 684-4961 |
| HELENE MADISON | 684-4979 |
| MEADOWBROOK    | 684-4989 |
| MEDGAR EVERS   | 684-4766 |
| QUEEN ANNE     | 386-4282 |
| RAINIER BEACH  | 386-1944 |
| SOUTHWEST      | 684-7440 |

## OTHER DEPARTMENTS

|                           |          |
|---------------------------|----------|
| SEATTLE AQUARIUM          | 386-4320 |
| WOODLAND PARK ZOO         | 684-4800 |
| LIFELONG RECREATION       | 684-4951 |
| DISABLED PERSONS PROGRAMS | 684-4950 |
| LATE NIGHT & TEENS        | 684-7136 |
| SPORTS CITYWIDE ADULTS    | 684-7092 |

## RECREATION SERVICES

|                |          |
|----------------|----------|
| SOUTH PARKS    | 233-2639 |
| CENTRAL PARKS  | 684-7050 |
| NORTH PARKS    | 233-3974 |
| CITYWIDE PARKS | 684-7186 |

## COMMUNITY CENTERS

|                  |          |
|------------------|----------|
| ALKI             | 684-7430 |
| BALLARD          | 684-4093 |
| BITTER LAKE      | 684-7524 |
| DELRIDGE         | 684-7423 |
| GARFIELD         | 684-4788 |
| GREEN LAKE       | 684-0780 |
| HIAWATHA         | 684-7441 |
| HIGH POINT       | 684-7422 |
| JEFFERSON        | 684-7481 |
| LANGSTON HUGHES  | 684-4757 |
| LAURELHURST      | 684-7529 |
| LAURELHURST GYM  | 684-7531 |
| LOYAL HEIGHTS    | 684-4052 |
| MAGNOLIA         | 386-4235 |
| MEADOWBROOK      | 684-7522 |
| MILLER           | 684-4753 |
| MONTLAKE         | 684-4736 |
| NORTHGATE        | 386-4283 |
| QUEEN ANNE       | 386-4240 |
| RAINIER          | 386-1919 |
| RAINIER BEACH    | 386-1925 |
| RAVENNA-ECKSTEIN | 684-7534 |
| SANDPOINT        | 684-7026 |
| SOUTH PARK       | 684-7451 |
| SOUTHWEST        | 684-7438 |
| VAN ASSELT       | 386-1921 |
| YESLER           | 386-1245 |



**Seattle Parks and Recreation**  
Ravenna-Eckstein Community Center  
6535 Ravenna Avenue NE  
Seattle, WA. 98115  
(206) 684-7534  
K1667

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